

LYNCHBURG

is for

LOCAVORES



COOKING DEMONSTRATION WITH SEAN BAILEY
OF CRISP SALAD & JUICE BAR

Sweet Corn and Avocado Gazpacho

4 cups of Sweet Fresh Corn
1/2 cup Chopped Yellow Onion
2 Avocados
2 Yellow Bell Peppers
1.5 table Spoons of Honey
1 Tsp Pepper
1 Tsp Salt
A Dash of Cayenne
1/2 Cup of Water

Add all ingredients to Food Processor. Add water until you reach the desired consistency.
Spice to taste.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES!
DEMONSTRATION BY WILLIE PAYNE.

